2002 Youth Risk Behavior Survey



2001-2002 Phillips County Youth Risk Behavior Survey

Coordinated by:

Phillips County Hometown Health Improvement

and

Arkansas Department of Health
Center for Health Statistics

April, 2003

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What is the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey (YRBS) was designed to measure health risk behaviors, such as smoking, drinking and driving, and obesity, among the nation's youth. Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the 87-item, multiple-choice YRBS questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful. The survey has been used nationally, at a statewide level, and locally.

During January,2003, usable YRBS questionnaires were completed by 1775 seventh through twelfth grade students throughout Phillips County public schools. The information provided by those students is presented in this report.

Why did Phillips County conduct the YRBS?

Phillips County was selected by the Arkansas Department of Health (ADH) to participate in Hometown Health Improvement (HHI), a new community health assessment project. Phillips County HHI is working to assess the specific health needs of Phillips County residents. In order to collect information on the health behaviors of the community's youth, HHI coalition members requested that the Youth Risk Behavior Survey be administered to the students in the seventh through twelfth grades at PhillipsCounty schools.

The YRBS will help Phillips County identify students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Phillips County students mean longer, more productive lives for the county's young people, as well as improved learning in the classroom.

The 2001-2002 YRBS also provides Phillips County with measures for evaluating future trends in health habits of youth. Survey results can now serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, YRBS' findings form a valuable base upon which Phillips County can strengthen its ability to:

- Establish disease prevention and health promotion policies;
- Plan and implement programs and services;

- Secure funding for programs;
- Allocate limited resources toward targeted needs and priorities;
- Conduct future research and note progress or deficiencies, and
- Enact laws to prevent injuries and unnecessary deaths.

How was the YRBS conducted?

During January, 2003, seventh through twelfth grade students enrolled in Phillips County public schools completed the YRBS. All students who attended school on the day that their school administered the test to their grade were eligible to participate, but their participation was voluntary. The following Phillips County schools' students participated in the survey:

- De Soto
- Helena-West Helena Schools
 - Marvell Schools
 - Elaine Schools
 - Barton-Lexa Schools

About This Report

This report entitled "2001-2002 Phillips County Youth Risk Behavior Survey" summarizes the overall answers Phillips County's students reported about safety, diet and exercise, alcohol, tobacco, and other health risk behaviors. Phillips County's survey of public schools provides a "snapshot" of students' behaviors. The survey contains questions related to:

- Behaviors that result in intentional and unintentional injuries;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STD's), and unintentional pregnancies; and
- Physical activity and nutrition.

This report summarizes Phillips County's findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents, and youth, this YRBS report provides a brief overview of:

- The survey's process and procedures;
- Survey questions;
- Students' answers;
- Percentage of YRBS participants giving those answers; and
- Major summary findings.

How Results Can Be Interpreted

Phillips County's 2001-2002 Youth Risk Behavior Survey is a "snapshot in time" showing those health-risk behaviors reported by Phillips County students in January,2003. Answers in this survey were only as accurate as students' reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance, is a pocketknife a "weapon?" What area does "on school property" include? Some students chose not to answer certain questions, meaning that not all students surveyed were represented in every response. Answers were edited for consistency using the Center for Disease Control and Prevention's YRBS data editing guidelines. For example, if a student reported that he or she had driven under the influence of alcohol, but reported that he or she had never had a drink of alcohol, the answers for those questions were deleted from the survey. Additionally, some students chose not to answer certain questions.

The percentages presented in this report were rounded to the nearest whole percent. For example, 75.5% would be reported as 76%, while 75.4% would be reported as 75%. Due to this rounding, total percentages may add up to 99% or 101%.

Sincere Appreciation To:

- The superintendents, principals, counselors, nurses, and teachers of Phillips
 County schools who so graciously gave of their time and energy to see this
 survey through to its completion;
- The Phillips County students who completed the YRBS questionnaires;
- The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire;
- Gary Ragen and the ADH Division of Emergency Medical Services for scanning the survey forms;
- Kathleen Courtney and the Arkansas Department of Education for support and assistance with this project.

Interested individuals may request additional information. Researchers and professional wanting to build upon Phillips County's 2001-2002 YRBS data may request additional data from:

Phillips County Hometown Health Improvement Robyn Clark 110 Shirley Hicks Dr., Hwy 49 Bypass, P.O Box 2627 W. Helana, AR 72390

Ph. (870) 572-9028 rclark@healthyarkansas.com

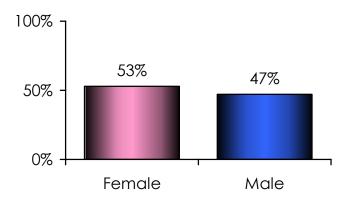
For more information about the Youth Risk Behavior Survey or analysis of the survey data, please contact:

Arkansas Center for Health Statistics Sharon Rose Judah, Lead Programmer Analyst Ph. (501) 661-2971 sjudah@healthyarkansas.com

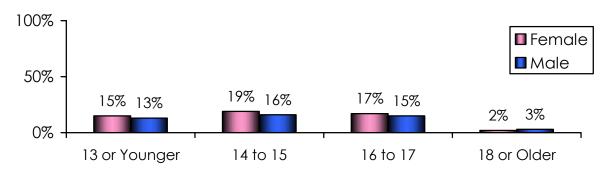
Demographics of survey participants:

Total number of survey participants = 1775

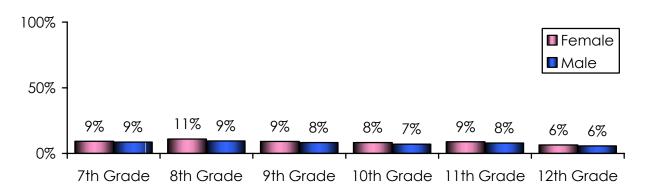
Gender



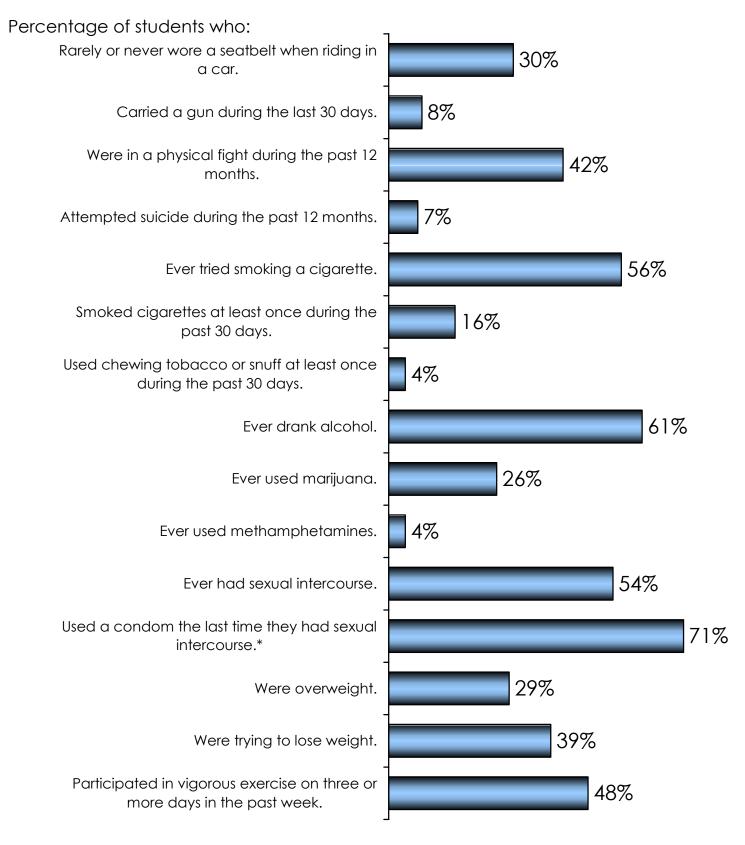
Age



Grade

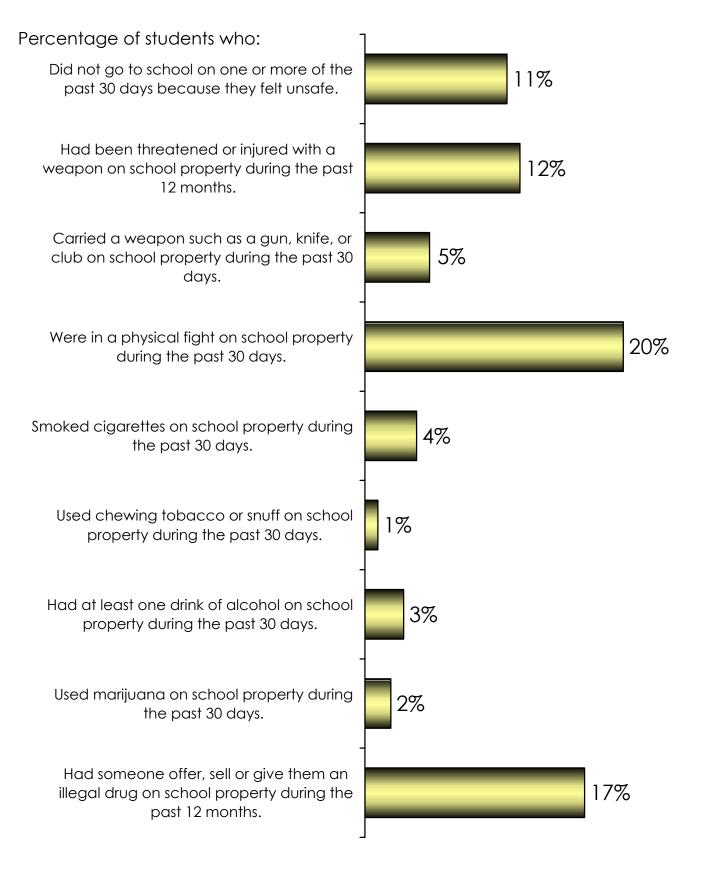


Summary of Phillips County YRBS Findings



^{*} of those who had ever had sexual intercourse.

Summary of Behaviors Relating to School Property



Key findings

The following summaries highlight Phillips county students' responses on the youth risk behavior survey in key areas and provide an overview of Phillips county students' current activities which impact their health.

Behaviors that result in injuries

- Of the students who had ridden a motorcycle during the 12 months prior to the survey, 54% said they rarely or never wore a helmet. Ninety-two percent of the students who had ridden a bicycle in the year prior to the survey indicated that they never or rarely wore a helmet.
- Thirty-one percent of the students surveyed said that during the previous month they had ridden in a vehicle driven by someone who had been drinking alcohol. Eight indicated they had driven a vehicle after drinking alcohol during the past 30 days.
- Twenty percent of students carried a weapon such as a gun, knife, or club in the past 30 days, and 5% carried a weapon on school property during that time.
- During the 12 months preceding the survey, 42% of the students had been in a physical fight one or more times. Of those students who had been in a physical fight, 10% had to be treated for injuries sustained while fighting.
- Twelve percent of the students surveyed reported they had been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend at least once during their lives.
- Twelve percent of the students indicated being forced to have sexual intercourse when they did not want to at least once during their lives.

Depression and suicide

- Thirty-one percent of students indicated they had felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.
- During the 12 months before being surveyed, 14% of students had seriously considered attempting suicide, 12% had made a plan about how they would attempt suicide, and 7% actually attempted to commit suicide. Four percent of students surveyed reported they were treated by a doctor or nurse for an injury, overdose, or poisoning resulting from a suicide attempt.

Tobacco use

- Fifty-six percent of the students surveyed said they had tried smoking a cigarette. Sixteen percent reported smoking cigarettes on one or more of the past 30 days. Of the students who smoked during the past month, 54% said they usually smoked two or more cigarettes on the days they smoked, and 23% said they usually got their own cigarettes by purchasing them at a store. Sixty percent of the student smokers who purchased cigarettes in a store in the month before the survey were not asked to show proof of age when they purchased cigarettes.
- Four percent of the students had used chewing tobacco or snuff on one or more of the past 30 days, and 1% had used it on school property.
- Nine percent of the students surveyed indicated they had smoked cigars, cigarillos, or little cigars at least once during the previous month.

Alcohol and other drug use

- Sixty-one percent of the students surveyed indicated they had at least one drink of alcohol other than just a few sips at least once during their lives, and 32% had taken their first drink by the age of 13.
- Thirty-one percent of the students had taken at least one drink of alcohol in the month before the survey, and 14% had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.
- Twenty-six percent of the students said they had used marijuana at least once during their lives. Ten percent said they had smoked marijuana at least once during the last month.
- Eleven percent said they had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high at least once during their lives. Four percent had done so during the past month.
- Four percent of the students surveyed had tried methamphetamines, 1% tried heroin, and 4% had tried cocaine at least once during their lives. One percent had used a needle to inject an illegal drug into their bodies at least once.
- Four percent of the students surveyed had taken steroid pills or shots without a doctor's prescription.

Sexual activity

- Fifty-four percent of the students who completed the survey said they had sexual intercourse. Twenty-one percent of the students reported having four or more sexual partners during their lifetimes. Of the students who had sexual intercourse, 14% had used drugs or alcohol before their last sexual encounter, and 71% used a condom the last time they had sex.
- Nine percent of the students surveyed reported that they had ever been or gotten someone pregnant.

Dietary behaviors

- Twenty-nine percent of the students surveyed were overweight, as measured by body mass index. The body mass index, or BMI, is a ratio of weight to height that allows people of different heights to be compared.
- While only 29% of the students are considered overweight as measured by BMI, 20% of the students perceived themselves as slightly to very overweight, and 39% reported that they were trying to lose weight.
- Thirty-three percent of the students ate less during the past 30 days to lose or keep from gaining weight, and 49% exercised, 7% vomited or took laxatives, 8% took diet pills, and 15% went without eating for 24 hours or more to lose weight or keep from gaining weight.

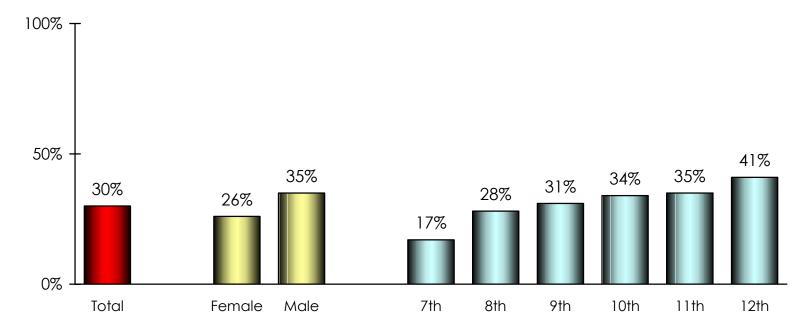
Physical activity

- Forty-eight percent of the students surveyed said they had participated in a
 physical activity for at least 30 minutes that made them sweat and breathe
 hard on three or more of the past 7 days. Thirty-two percent said they
 participated in a physical activity for at least 30 minutes on three or more
 days during the past week which did not make them sweat or breathe hard.
- Forty-three percent of the students attended a physical education (PE) class at least once during an average school week, and 52% said they had played on one or more sports teams during the past year.

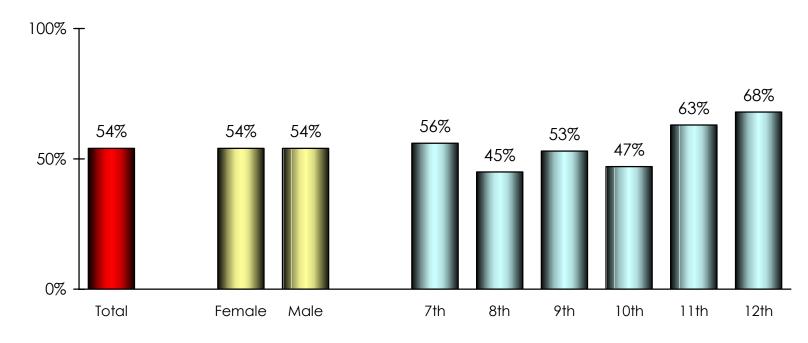
Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

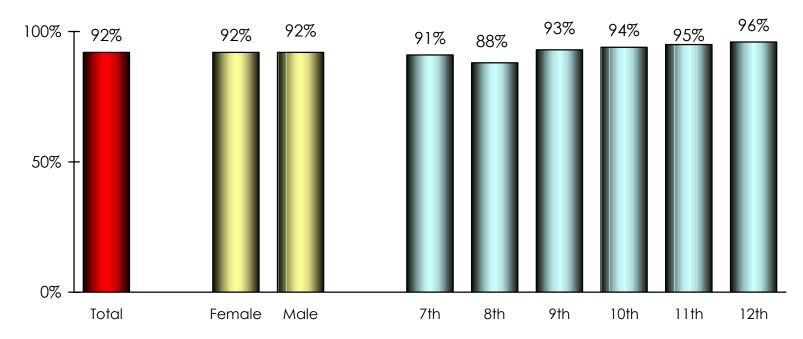
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.



Of students who rode a motorcycle during the past 12 months, the percentage who never or rarely wore a helmet.



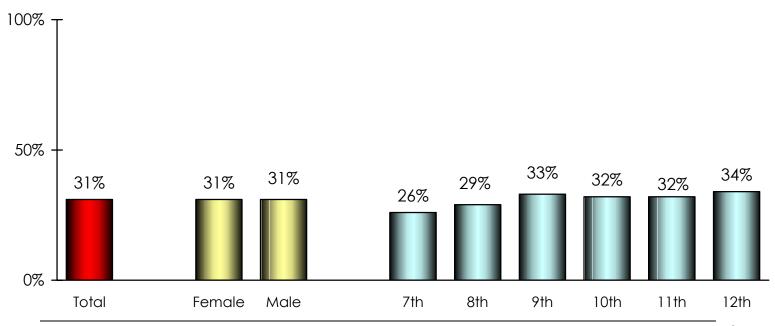
Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.



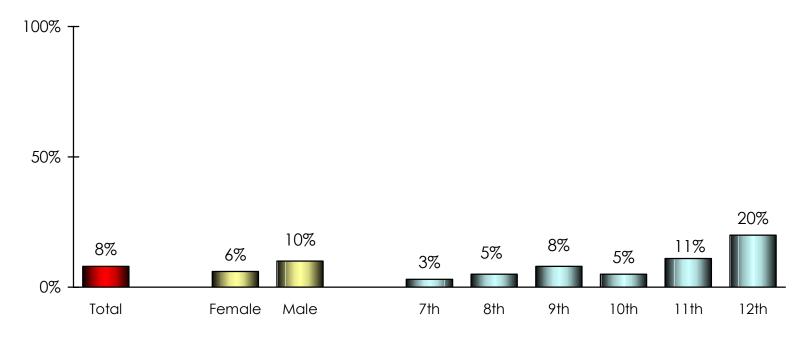
Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol.

Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



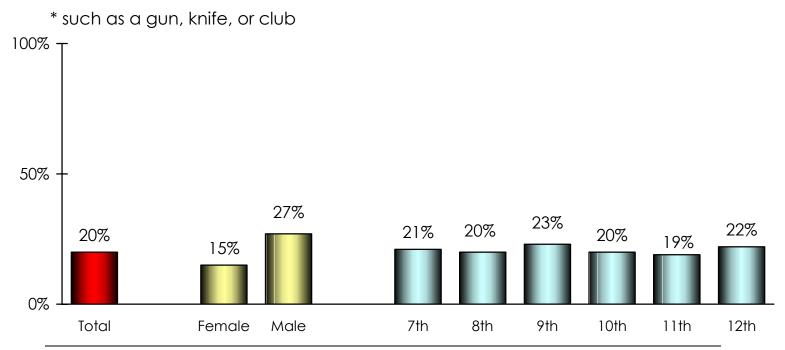
Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.



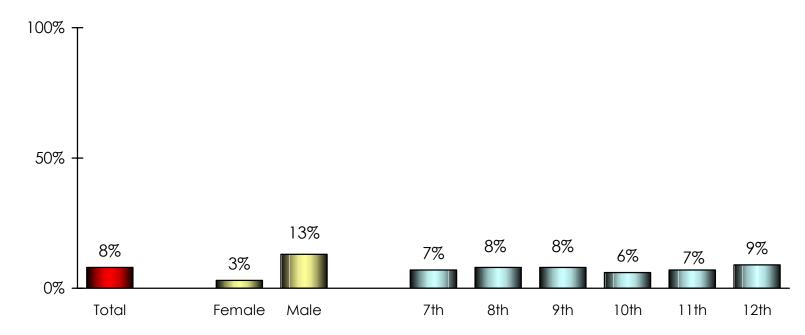
Violence-Related Behaviors

These questions measure violence-related behaviors.

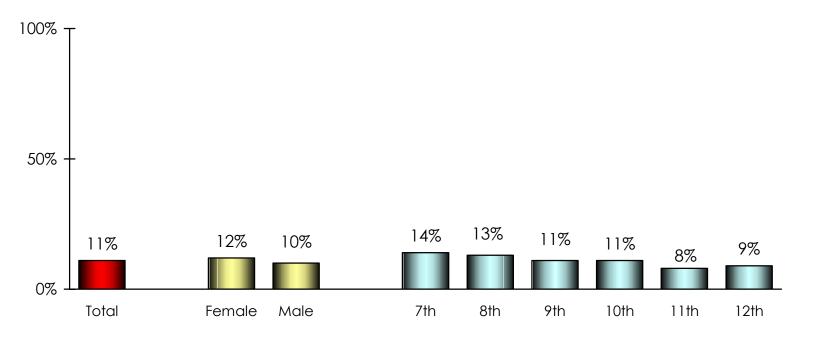
Percentage of students who carried a weapon* on one or more of the past 30 days.



Percentage of students who carried a gun on one or more of the past 30 days.



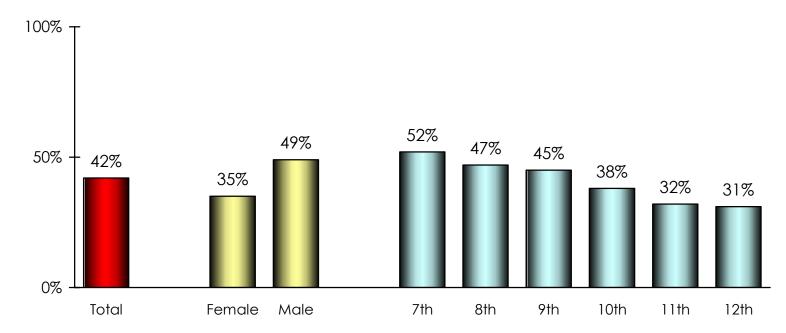
Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.



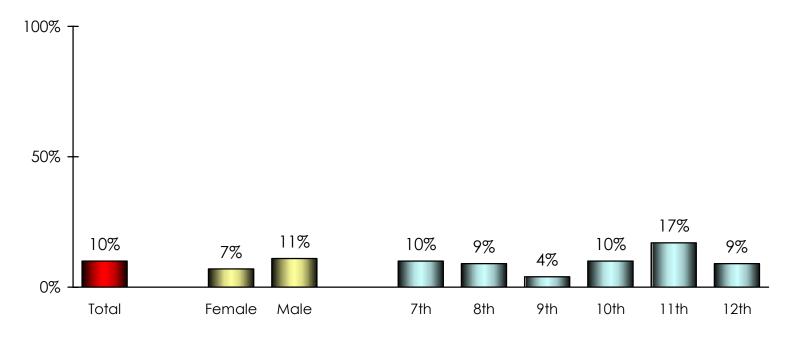
■ Violence – Physical Fighting

These questions measure the frequency and severity of physical fights.

Percentage of students who were in a physical fight one or more times during the past 12 months.



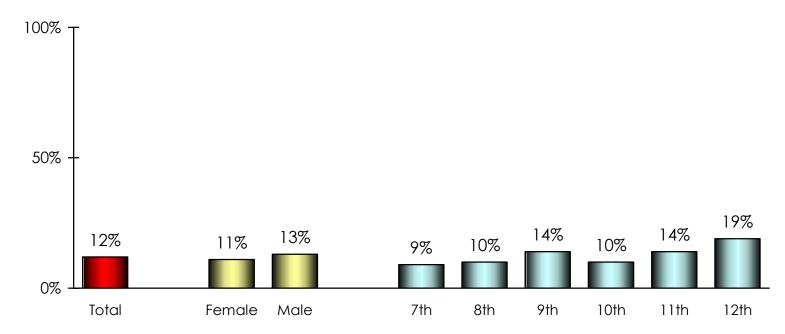
Of students who had been in a physical fight in the past 12 months, the percentage who had to be treated by a doctor or nurse one or more times.



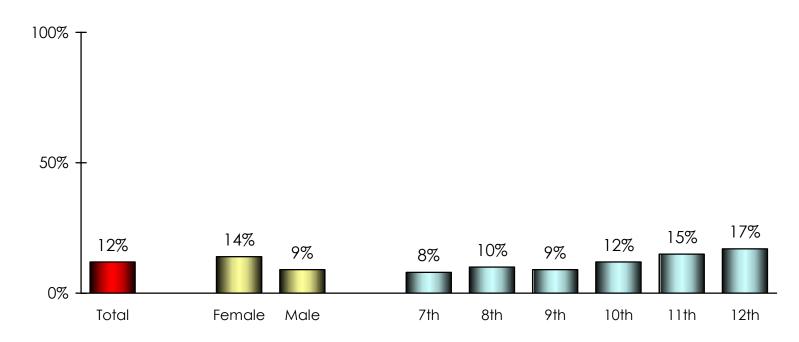
■ Violence - Sexual Violence

These questions measure rape and domestic violence.

Percentage of students who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.



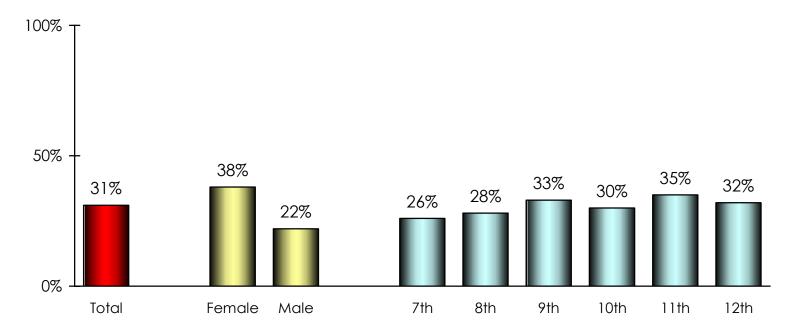
Percentage of students who have ever been forced to have sexual intercourse when they did not want to.



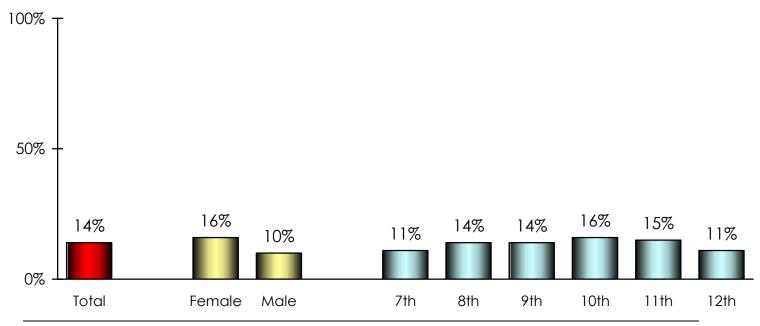
Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

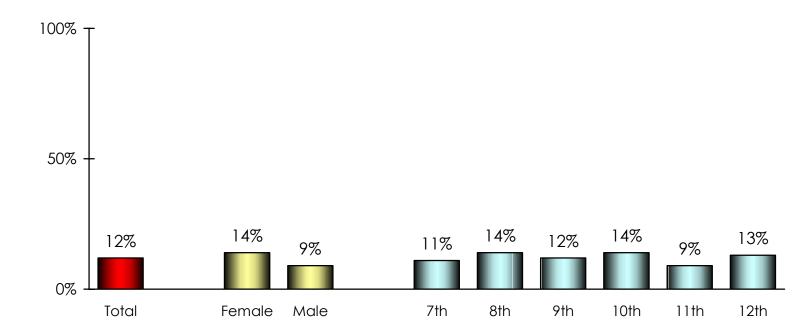
Percentage of students who felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.



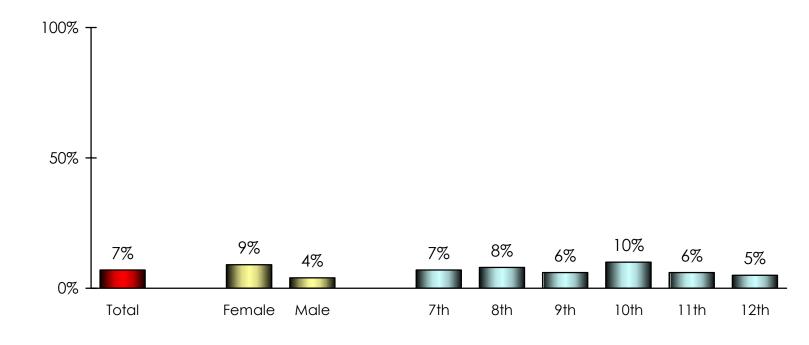
Percentage of students who seriously considered attempting suicide during the past 12 months.



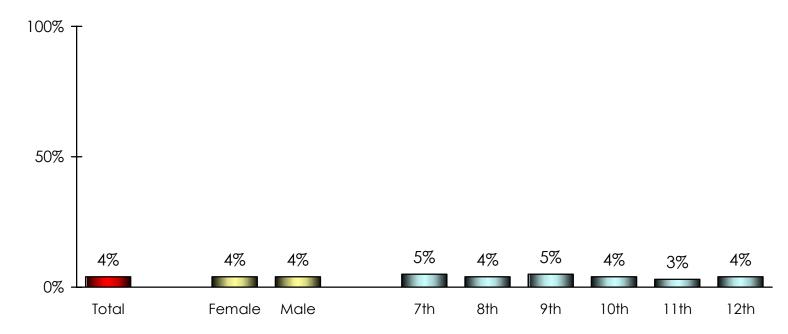
Percentage of students who made a plan about how they would attempt suicide during the past 12 months.



Percentage of students who actually attempted suicide one or more times during the past 12 months.



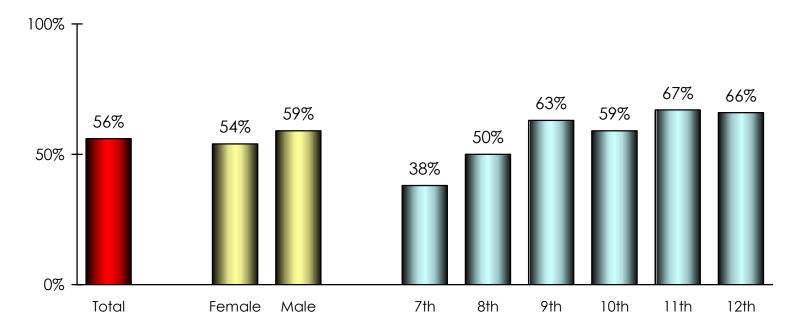
Percentage of students who attempted suicide during the past 12 months resulting in injury, poisoning or overdose that had to be treated by a doctor or nurse.



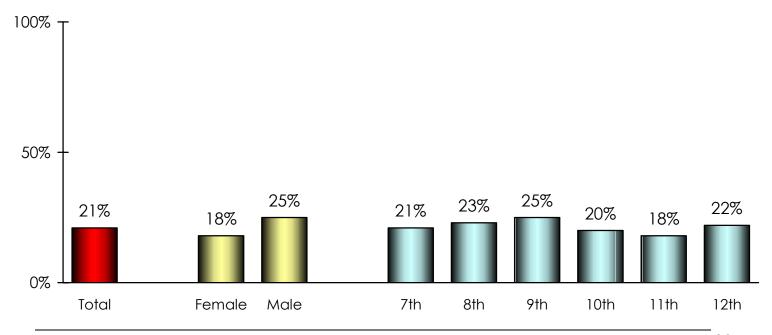
■ Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

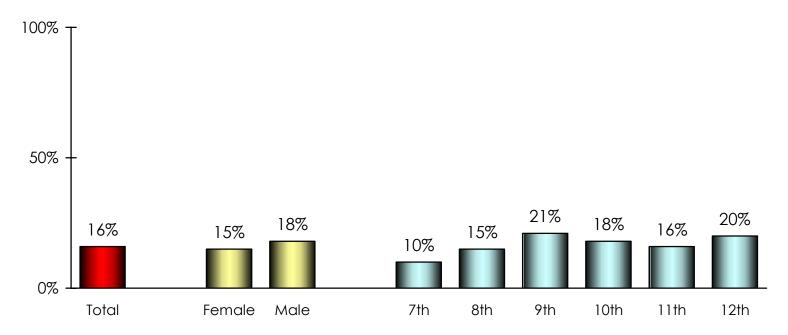
Percentage of students who ever tried cigarette smoking, even one or two puffs.



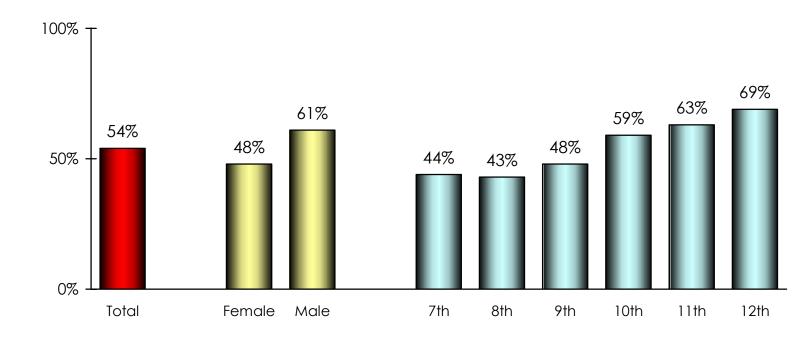
Percentage of students who smoked a whole cigarette for the first time before age 13.



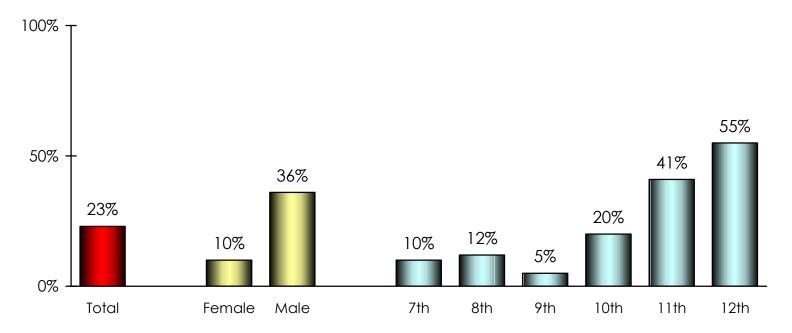
Percentage of students who smoked cigarettes on one or more of the past 30 days.



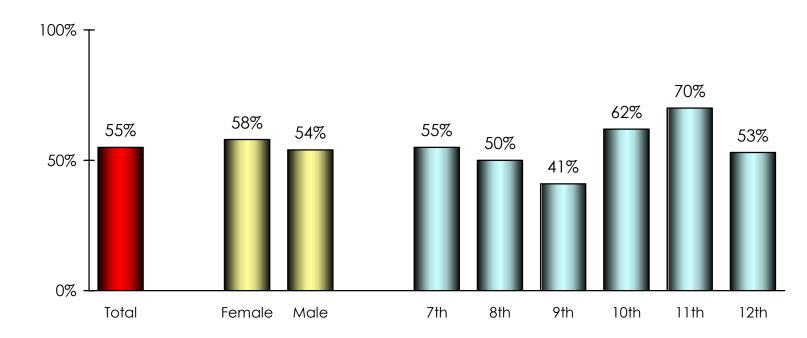
Of the students who smoked during the past 30 days, the percentage who smoked two or more cigarettes per day on the days they smoked.



Of students who smoked during the past 30 days, percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



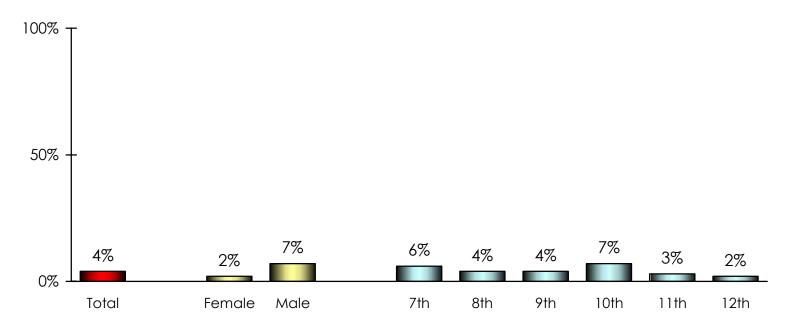
Of the students who have smoked regularly, the percentage who ever tried to quit smoking cigarettes.



■ Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

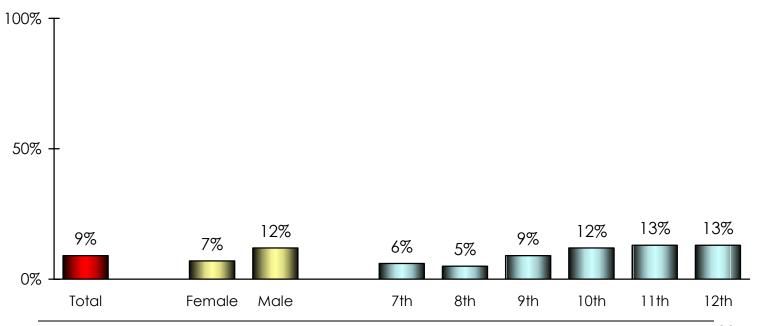
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



■ Tobacco Use – Cigar

This question measures cigar smoking.

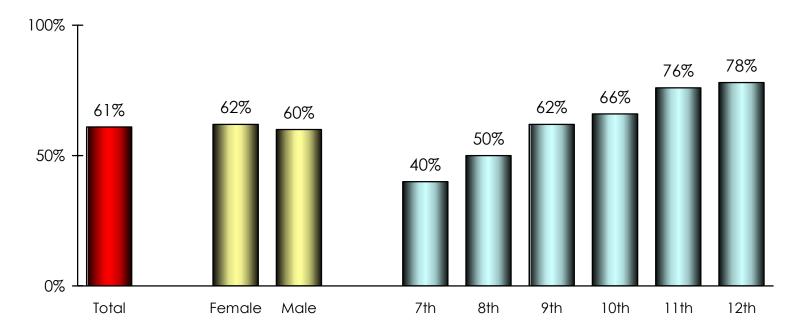
Percentage of students who smoked cigars, cigarillos, or little cigars during the past 30 days.



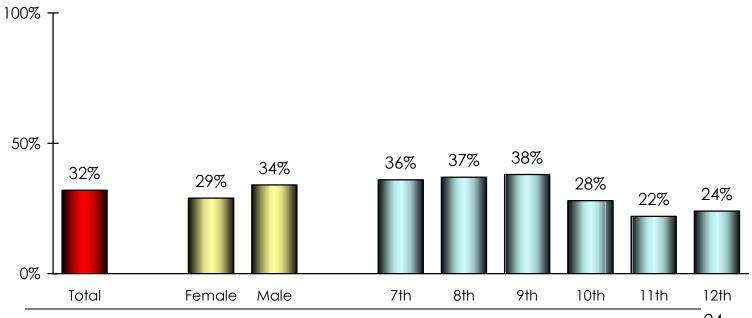
Alcohol Use

These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more days during their life.

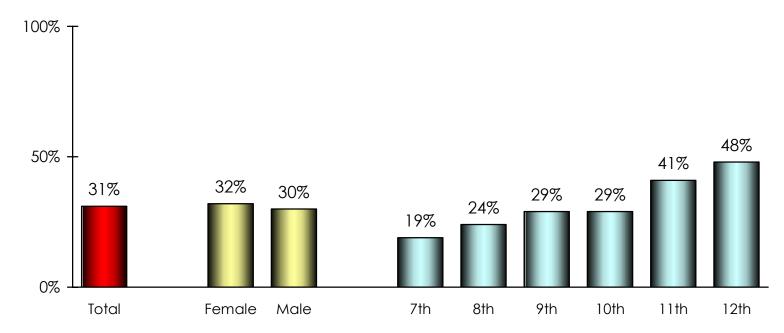


Percentage of students who had their first drink of alcohol other than a few sips before age 13.

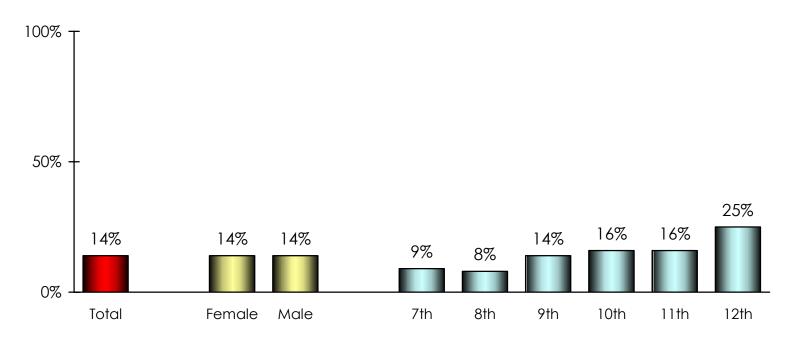


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Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



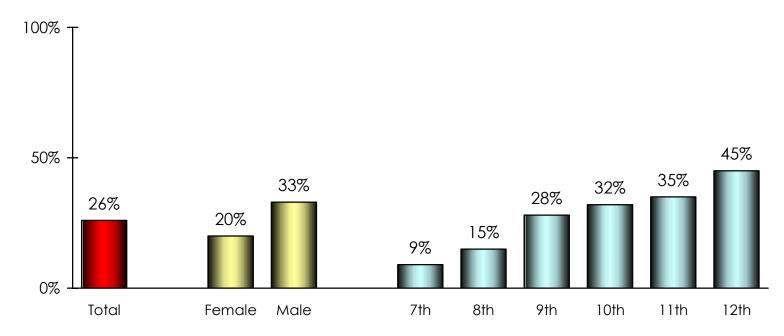
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.



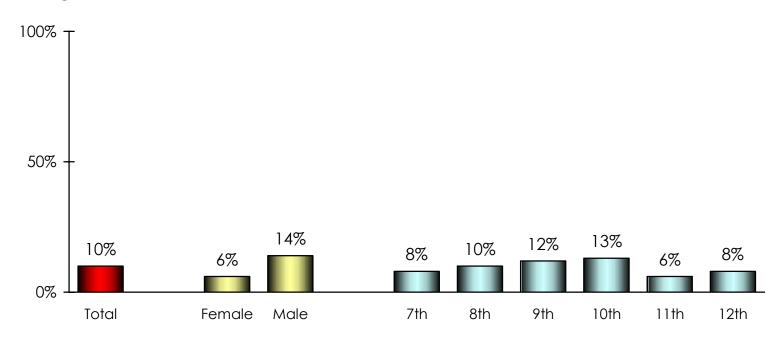
Drug Use

These questions measure the frequency of illegal drug use.

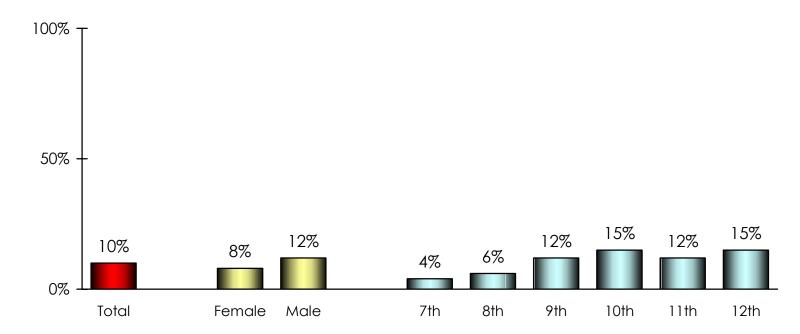
Percentage of students who used marijuana one or more times during their life.



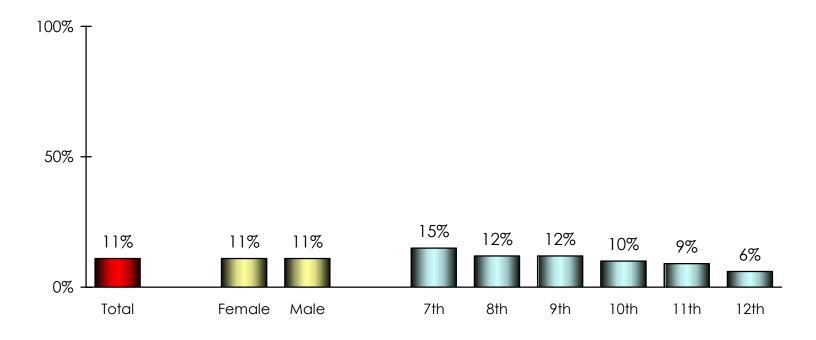
Percentage of students who tried marijuana for the first time before age 13.



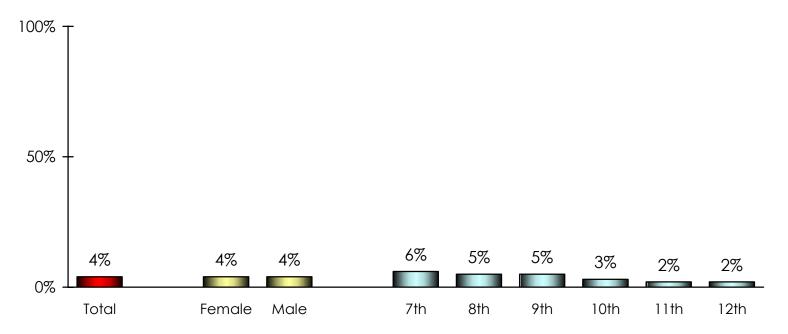
Percentage of students who used marijuana one or more times during the past 30 days.



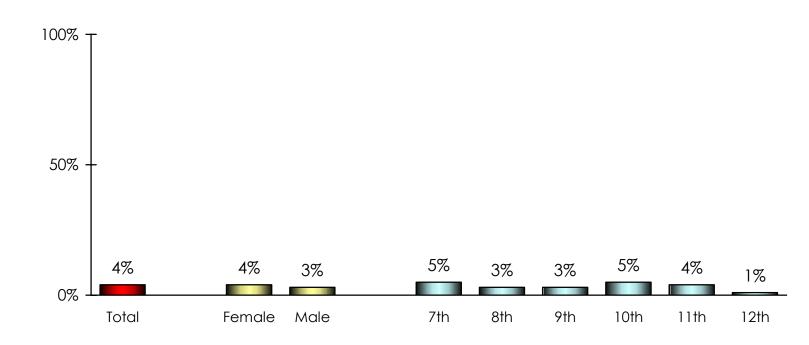
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.



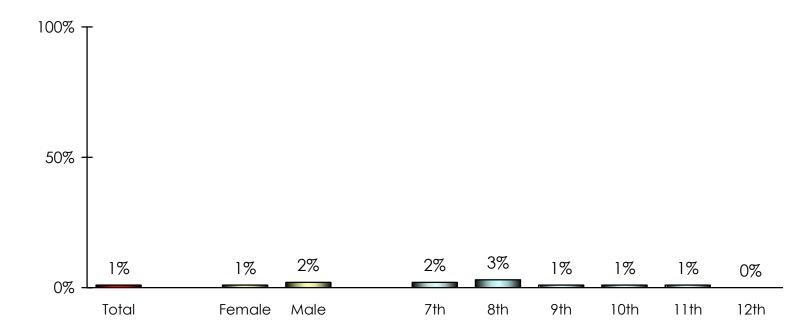
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during the past 30 days.



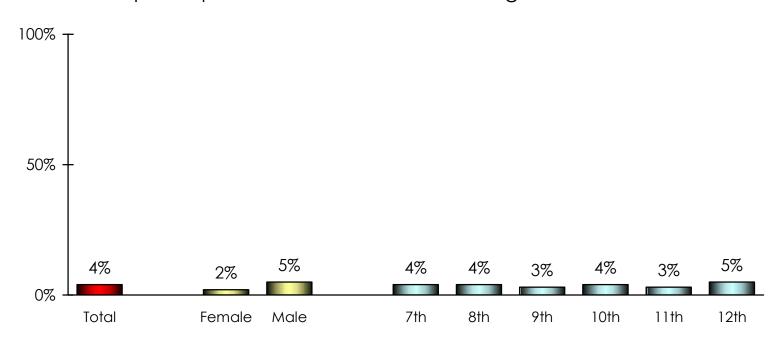
Percentage of students who used methamphetamines one or more times during their life.



Percentage of students who used heroin one or more times during their life.



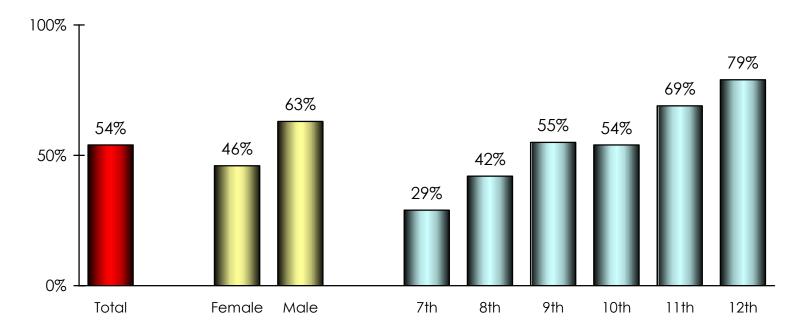
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.



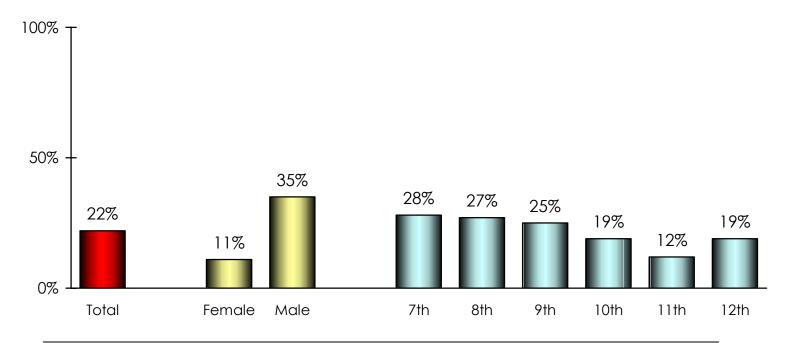
Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

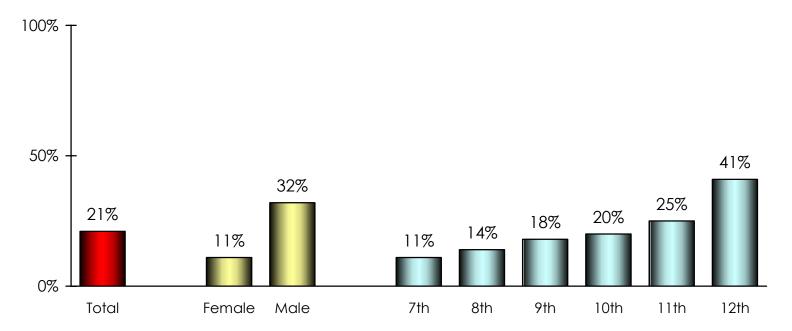
Percentage of students who have had sexual intercourse.



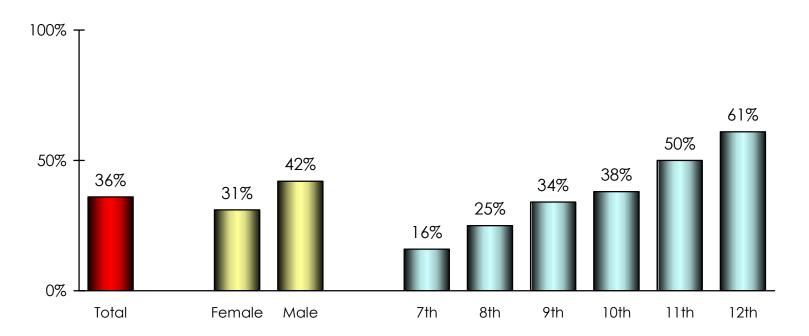
Percentage of students who had sexual intercourse for the first time before age 13.



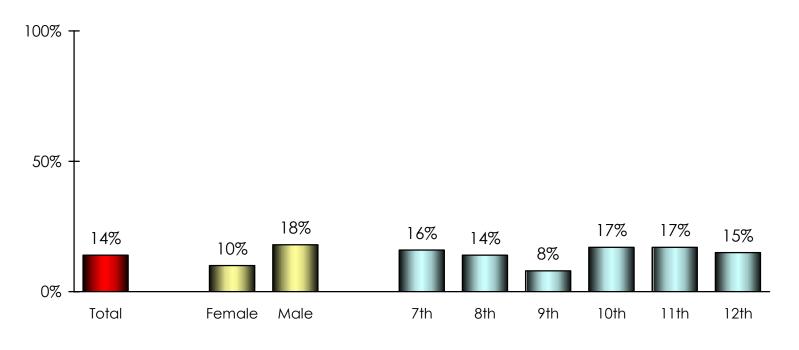
Percentage of students who had sexual intercourse with four or more people during their life.



Percentage of students who had sexual intercourse during the past three months.



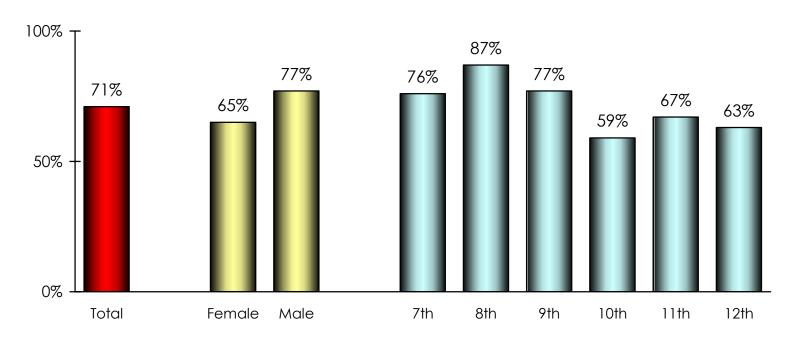
Of those who had sexual intercourse, the percentage who drank alcohol or used drugs before last sexual intercourse.



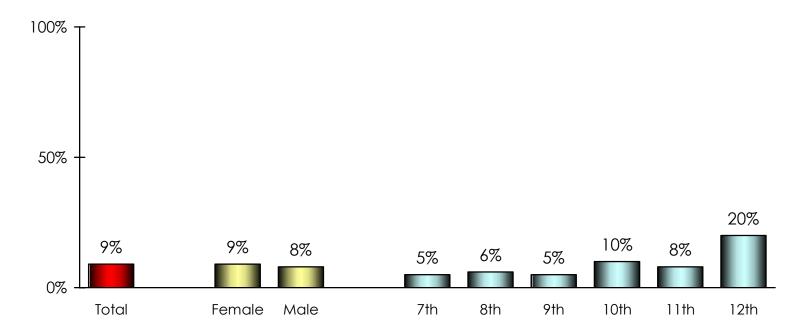
Contraception

These questions measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant.

Of students who had sexual intercourse, the percentage who used a condom during the last sexual intercourse.



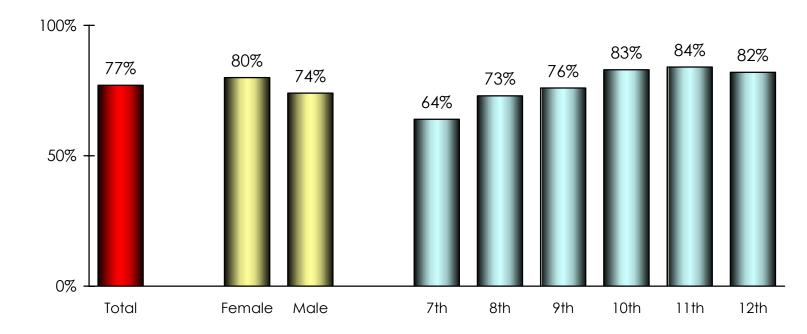
Percentage of students who had been or gotten someone pregnant one or more times.



AIDS, HIV, & STDs

This question measures whether students have received HIV information at school.

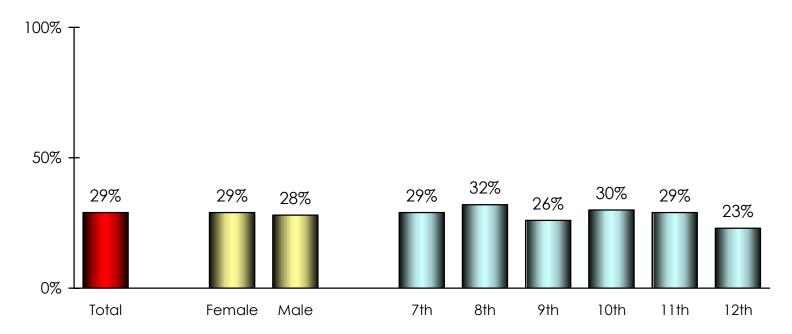
Percentage of students who were ever taught about AIDS or HIV infection in school.



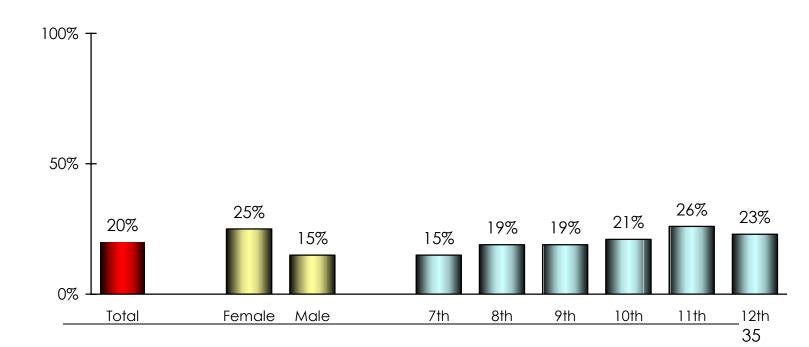
Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

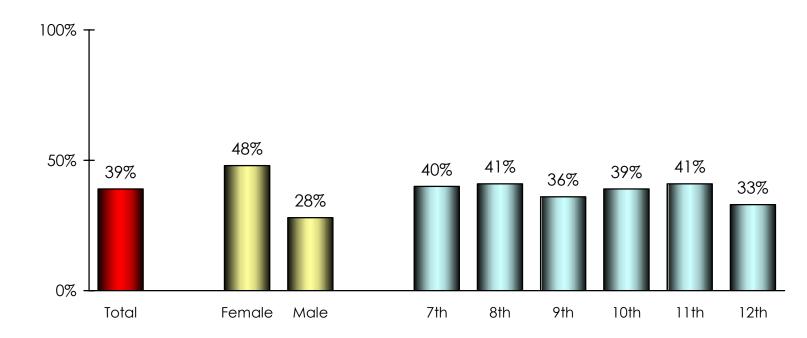
Percentage of students who are overweight, as calculated by Body Mass Index.



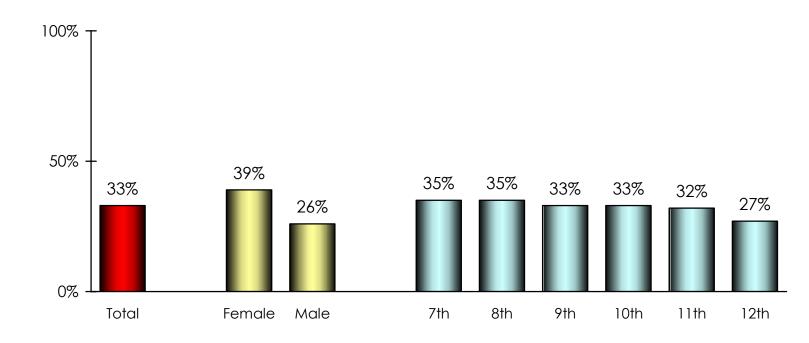
Percentage of students who describe themselves as slightly or very overweight.



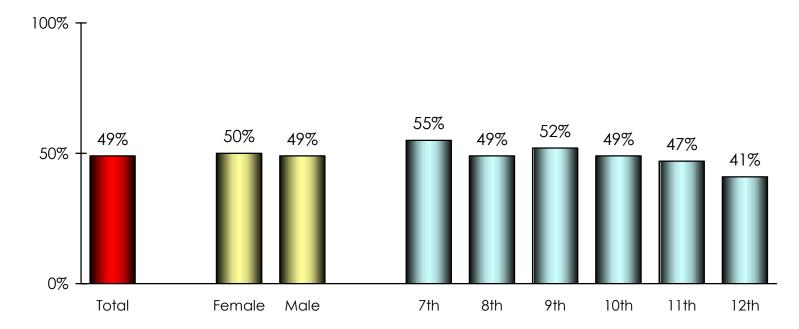
Percentage of students who were trying to lose weight.



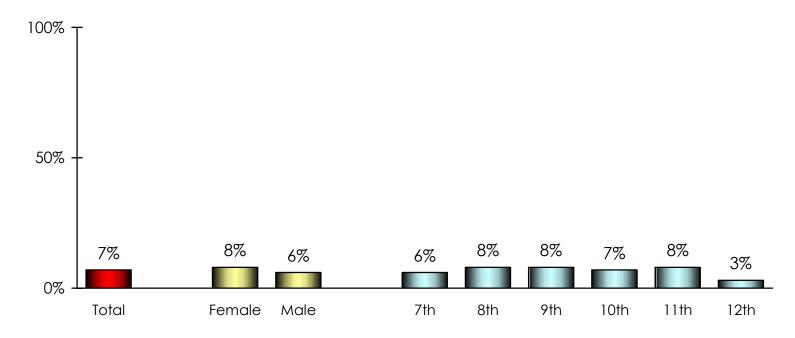
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.



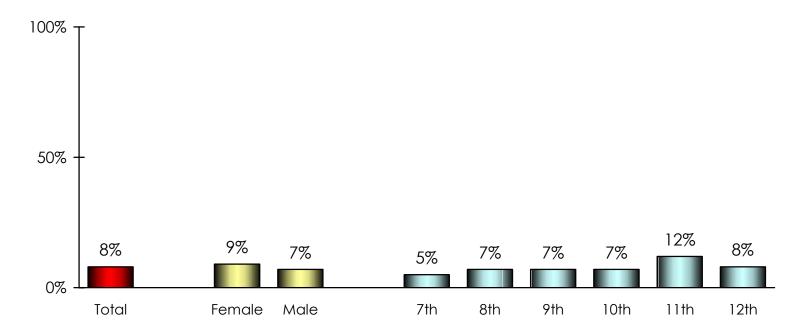
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.



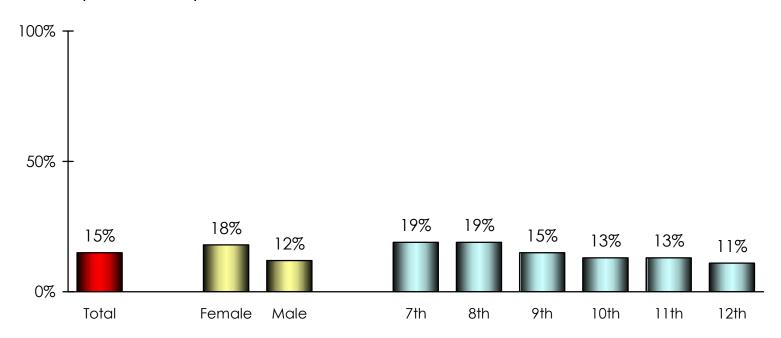
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.



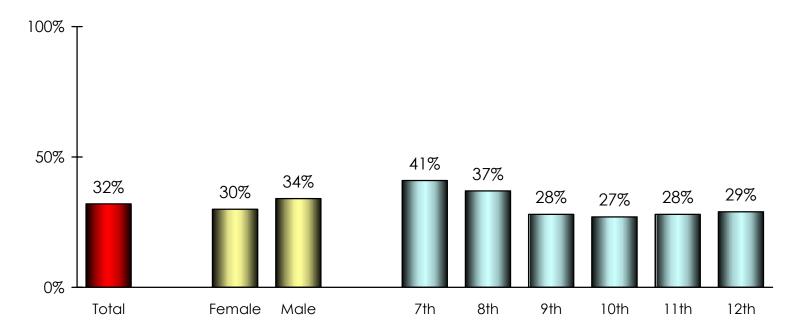
Percentage of students who fasted, or went without eating, for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.



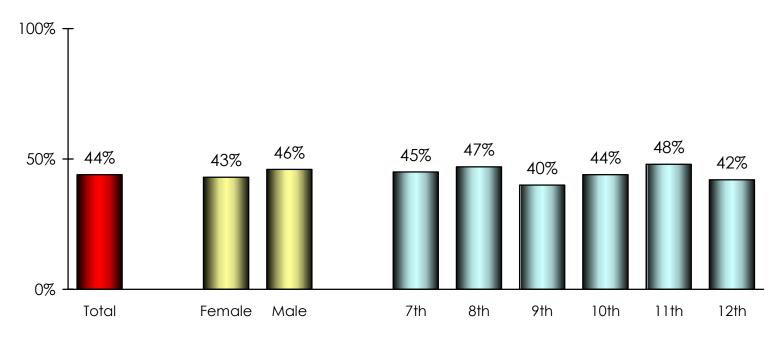
Nutrition

These questions measure food choices.

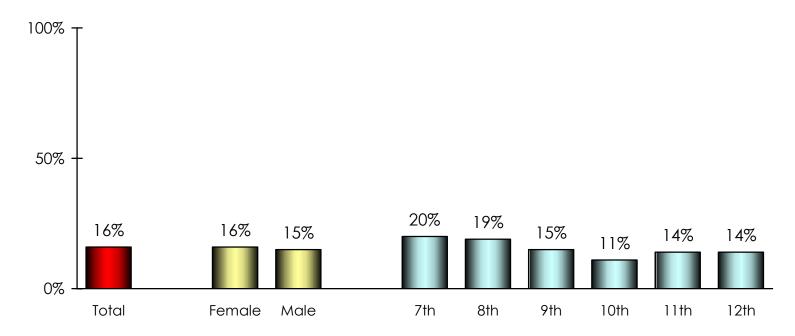
Percentage of students who ate fruit four or more times during the past 7 days.



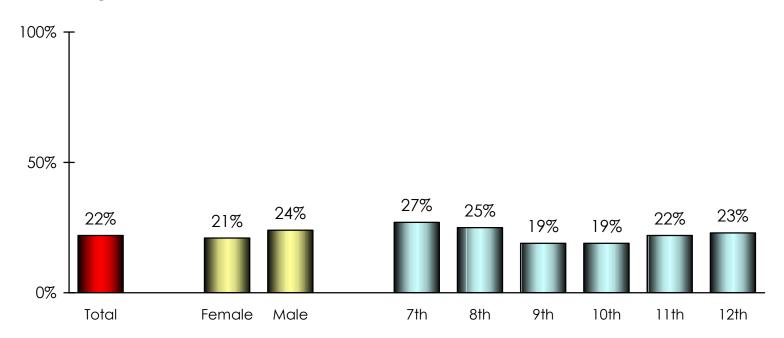
Percentage of students who drank fruit juices four or more times during the past 7 days.



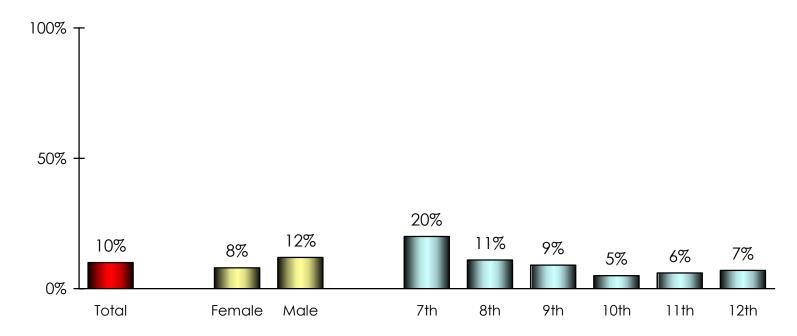
Percentage of students who ate green salad four or more times during the past 30 days.



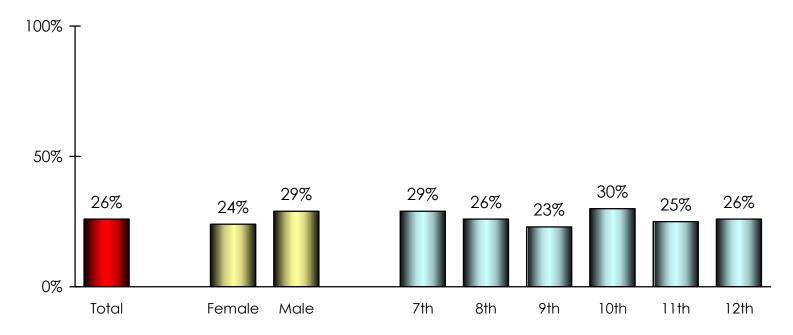
Percentage of students who ate potatoes four or more times during the past 30 days.



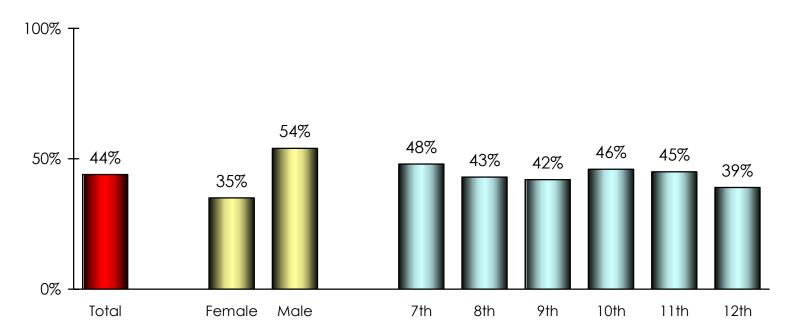
Percentage of students who ate carrots four or more times during the past 7 days.



Percentage of students who ate other vegetables four or more times during the past 7 days.



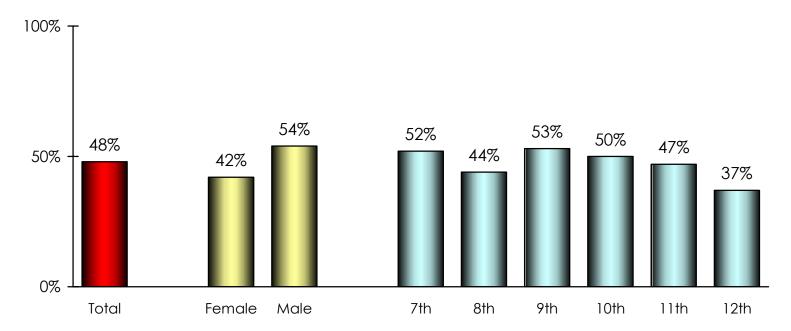
Percentage of students who drank milk four or more times during the past 7 days.



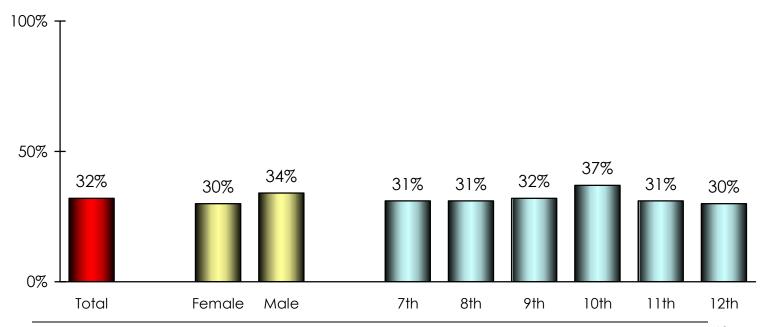
Physical Activity

These questions measure students' physical activity, including team sports, physical education class, and sports injuries.

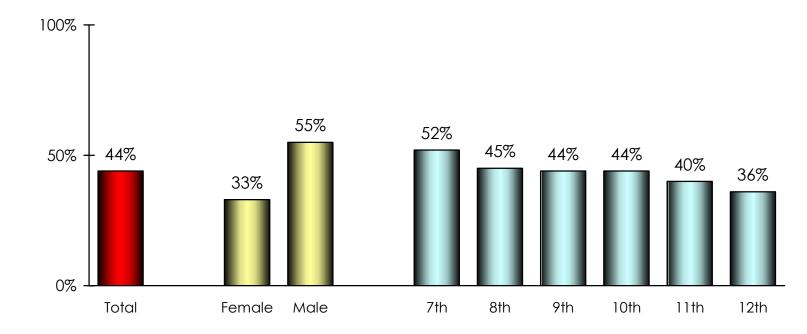
Percentage of students who participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.



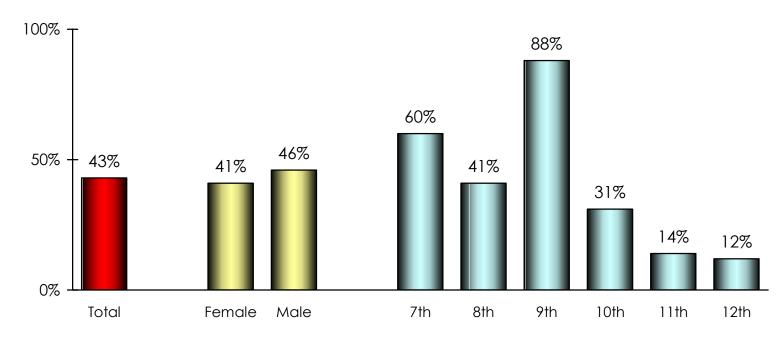
Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.



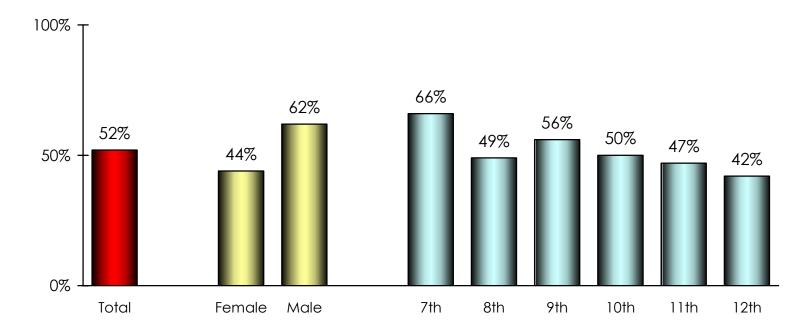
Percentage of students who exercised to strengthen or tone their muscles on three or more of the past seven days.



Percentage of students who attended physical education (PE) class one or more days during an average school week.



Percentage of students who played on one or more sports teams during the past 12 months.

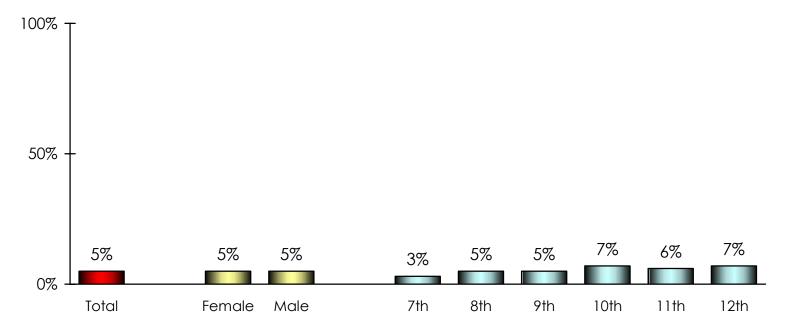


Violence-Related Behaviors at School

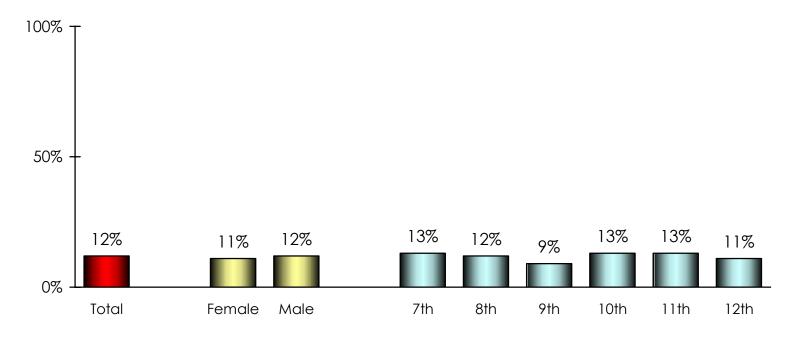
These questions measure violence related behaviors at school.

Percentage of students who carried a weapon* on school property on one or more of the past 30 days.

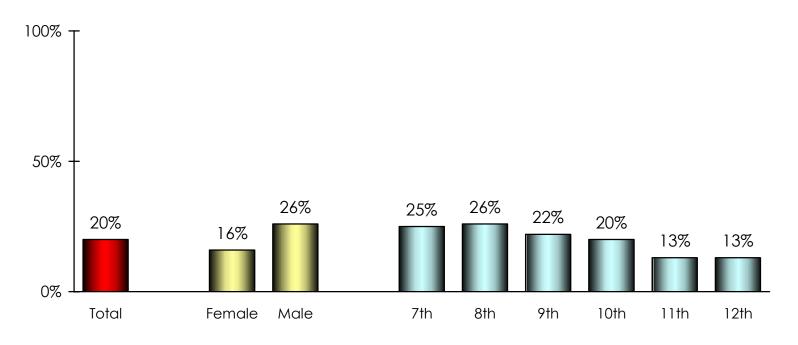
*such as a gun, knife, or club.



Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.



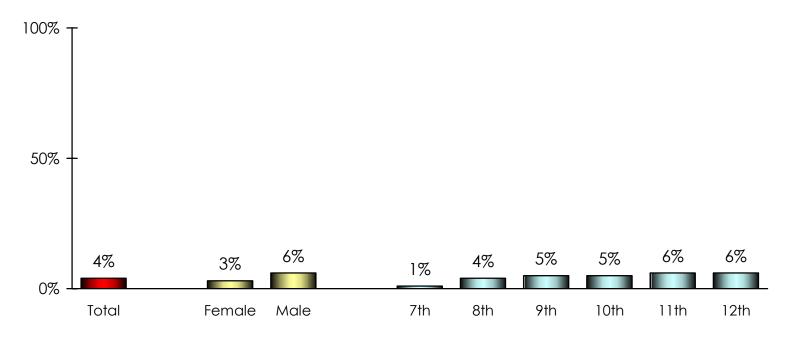
Percentage of students who were in a physical fight on school property one or more times during the past 12 months.



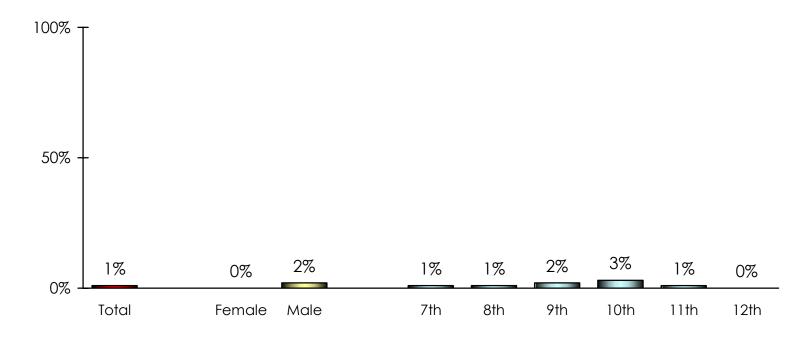
■ Tobacco Use at School

These questions measure tobacco use on school property.

Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



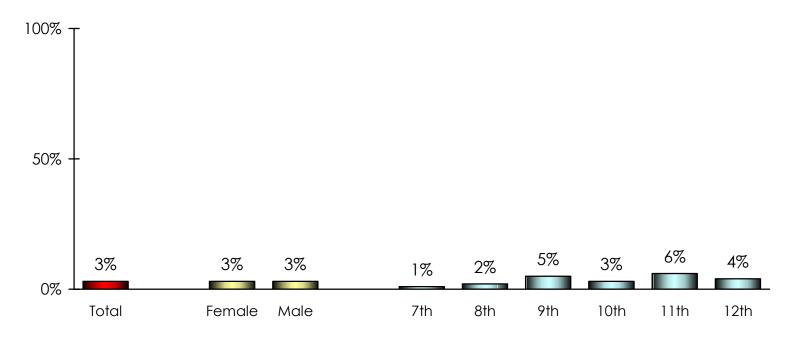
Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days.



Alcohol Use at School

This question measures alcohol use on school property.

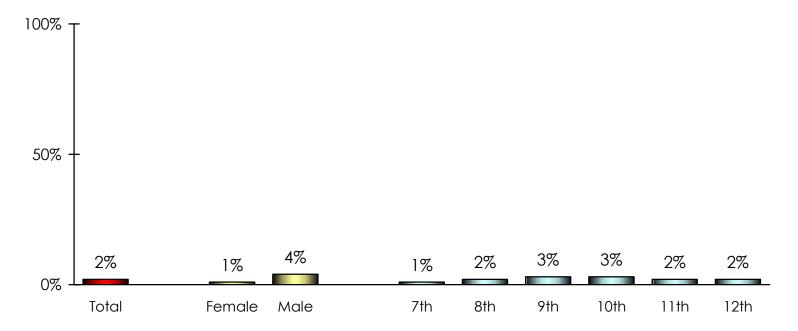
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



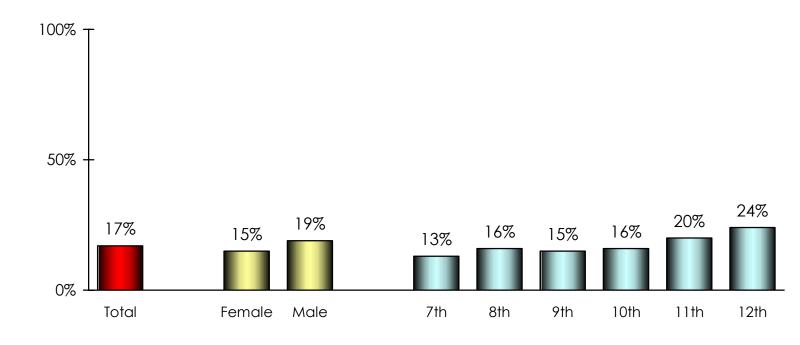
Drug Use at School

These questions measure drug use and availability on school property.

Percentage of students who used marijuana on school property on one or more of the past 30 days.



Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.



Phillips County 2001-2002 YRBS RESULTS The FREQ Procedure

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	186	10.50
13	308	17.38
14	311	17.55
15	310	17.49
16	310	17.49
17	251	14.16
18 OR OLDER	96	5.42

Frequency Missing = 3

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	936	52.91
MALE	833	47.09

Frequency Missing = 6

3. In what grade are you?		
	Number of Students	Percent of Total
7TH	316	17.87
8TH	361	20.42
9TH	310	17.53
10TH	269	15.21
11TH	297	16.80
12TH	215	12.16

Frequency Missing = 7

7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?		
Number of Students Percent of Total		
DID NOT RIDE	1342	75.99
NEVER WORE	196	11.10
RARELY WORE	33	1.87
SOMETIMES WORE	37	2.10
WORE MOST OF THE TIME	52	2.94
ALWAYS WORE	106	6.00

Frequency Missing = 9

8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
Number of Students Percent of Total		
DID NOT RIDE	485	27.40
NEVER WORE	1148	64.86
RARELY WORE	34	1.92
SOMETIMES WORE	34	1.92
WORE MOST OF THE TIME	27	1.53
ALWAYS WORE 42 2.37		

Frequency Missing = 5

9. How often do you wear a seat belt when riding in a car driven by someone else?		
	Number of Students	Percent of Total
NEVER	239	13.51
RARELY	295	16.68
SOMETIMES	528	29.85
MOST OF THE TIME	398	22.50
ALWAYS	309	17.47

Frequency Missing = 6

10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	Number of Students	Percent of Total
0 TIMES	1225	69.21
1 TIME	145	8.19
2-3 TIMES	192	10.85
4-5 TIMES	49	2.77
6+ TIMES	159	8.98

Frequency Missing = 5

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Number of Students	Percent of Total
0 TIMES	1578	92.12
1 TIME	55	3.21
2-3 TIMES	43	2.51
4-5 TIMES	11	0.64
6+ TIMES	26	1.52

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	Number of Students	Percent of Total
0 TIMES	1360	79.53
1 TIME	82	4.80
2-3 TIMES	86	5.03
4-5 TIMES	37	2.16
6+ TIMES	145	8.48

Frequency Missing = 65

13. During the past 30 days, on how many days did you carry a gun?

3, 93,11.		
	Number of Students	Percent of Total
0 TIMES	1601	92.44
1 TIME	35	2.02
2-3 TIMES	37	2.14
4-5 TIMES	11	0.64
6+ TIMES	48	2.77

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	Number of Students	Percent of Total
0 TIMES	1655	94.79
1 TIME	35	2.00
2-3 TIMES	22	1.26
4-5 TIMES	5	0.29
6+ TIMES	29	1.66

Frequency Missing = 29

15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	Number of Students	Percent of Total
0 TIMES	1566	88.93
1 TIME	93	5.28
2-3 TIMES	48	2.73
4-5 TIMES	18	1.02
6+ TIMES	36	2.04

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	Number of Students	Percent of Total
O TIMES	1569	88.44
1 TIME	89	5.02
2-3 TIMES	62	3.49
4-5 TIMES	13	0.73
6-7 TIMES	16	0.90
8-9 TIMES	2	0.11
10-11 TIMES	2	0.11
12+ TIMES	21	1.18

17. During the past 12 months,
how many times were you in a physical
fight?

	Number of Students	Percent of Total
O TIMES	994	58.26
1 TIME	336	19.70
2-3 TIMES	215	12.60
4-5 TIMES	70	4.10
6-7 TIMES	24	1.41
8-9 TIMES	14	0.82
10-11 TIMES	2	0.12
12+ TIMES	51	2.99

Frequency Missing = 69

18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	Number of Students	Percent of Total
0 TIMES	1624	96.04
1 TIME	50	2.96
2-3 TIMES	12	0.71
4-5 TIMES	3	0.18
6+ TIMES	2	0.12

19. During the past 12 months, how many times were you in a physical fight on school property?		
	Number of Students	Percent of Total
O TIMES	1410	79.57
1 TIME	225	12.70
2-3 TIMES	97	5.47
4-5 TIMES	19	1.07
6-7 TIMES	5	0.28
8-9 TIMES	2	0.11
10-11 TIMES	2	0.11
12+ TIMES	12	0.68

Frequency Missing = 3

20. During the past 12 months, did your boyfriend or girlfriend ever hit,slap,or physically hurt you on purpose?			
	Number of Students Percent of Total		
YES	214	12.16	
NO	1546	87.84	

21. Have you ever been forced to have sexual intercourse when you did not want to?

Number of Students	Percent of Total	
YES	191	11.55
NO	1462	88.45

Frequency Missing = 122

22. During the past 12 months, did you ever feel sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? Percent of Total Number of Students YES 539 30.50 69.50 NO 1228

Frequency Missing = 8

23. During the past 12
months, did you ever seriously
consider attempting suicide?

Number of Students Percent of Total

YES 225 13.58

NO 1432 86.42

24. During the past 12
months, did you make a
plan about how you would
attempt suicide?

Number of Students Percent of Total
YES 212 12.06
NO 1546 87.94

Frequency Missing = 17

25. During the past 12 months, how many times did you actually attempt suicide? Number of Students Percent of Total **O TIMES** 1158 92.94 1 TIME 42 3.37 2-3 TIMES 30 2.41 4-5 TIMES 4 0.32 0.96 6+ TIMES 12

26. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	Number of Students	Percent of Total
N/A	1149	89.56
YES	52	4.05
NO	82	6.39

Frequency Missing = 492

27. Have you ever tried cigarette smoking, even one or two puffs?		
	Number of Students	Percent of Total
YES	935	56.46
NO	721	43.54

28. How old were you when you smoked a whole cigarette for the first time?		
Number of Students Percent of Total		
NEVER TRIED	1022	62.20
8 OR YOUNGER	86	5.23
AGE 9-10	91	5.54
AGE 11-12	175	10.65
AGE 13-14	162	9.86
AGE 15-16	91	5.54
17 OR OLDER	16	0.97

Frequency Missing = 132

29. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	1327	83.51
1-2 DAYS	79	4.97
3-5 DAYS	40	2.52
6-9 DAYS	17	1.07
10-19 DAYS	35	2.20
20-29 DAYS	16	1.01
ALL 30 DAYS	75	4.72

30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? Number of Students Percent of Total **NONE IPM** 83.81 1320 LT 1 PER DAY 69 4.38 3.05 1/DAY 48 5.33 2-5/DAY 84 6-10/DAY 34 2.16 11-20/DAY 16 1.02

Frequency Missing = 200

4

0.25

21+ /DAY

31. During the past 30 days, how did you usually get your own cigarettes?		
	Number of Students	Percent of Total
NONE IPM	1323	83.10
STORE BOUGHT	61	3.83
MACHINE BOUGHT	6	0.38
SOMEONE ELSE BOUGHT	64	4.02
BORROWED THEM	54	3.39
PERSON 18 OR OLDER GAVE THEM	29	1.82
TOOK FROM A STORE OR FAMILY MEMBER	14	0.88
SOME OTHER WAY	41	2.58

32. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age? Number of Students Percent of Total N/A 1558 89.69 YES 71 4.09 108 NO 6.22

Frequency Missing = 38

33. During the past 30 days, on how many days did you smoke cigarettes on school property? Number of Students Percent of Total 0 DAYS 1620 95.52 1-2 DAYS 32 1.89 7 3-5 DAYS 0.41 6-9 DAYS 11 0.65 9 10-19 DAYS 0.53 5 20-29 DAYS 0.29 ALL 30 DAYS 12 0.71

34. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?

Number of Students Percent of Total

YES 160 9.42

NO 1538 90.58

Frequency Missing = 77

35. Have you ever tried to quit smoking cigarettes?		
Number of Students Percent of Total		
N/A	1357	79.50
YES	182	10.66
NO	168	9.84

36. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	Number of Students	Percent of Total
0 DAYS	1666	95.69
1-2 DAYS	34	1.95
3-5 DAYS	13	0.75
6-9 DAYS	6	0.34
10-19 DAYS	8	0.46
20-29 DAYS	5	0.29
ALL 30 DAYS	9	0.52

Frequency Missing = 34

37. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

	Number of Students	Percent of Total
0 DAYS	1728	98.80
1-2 DAYS	10	0.57
3-5 DAYS	2	0.11
6-9 DAYS	3	0.17
10-19 DAYS	5	0.29
ALL 30 DAYS	1	0.06

38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	Number of Students	Percent of Total
0 DAYS	1593	90.61
1-2 DAYS	82	4.66
3-5 DAYS	31	1.76
6-9 DAYS	17	0.97
10-19 DAYS	18	1.02
20-29 DAYS	9	0.51
ALL 30 DAYS	8	0.46

Frequency Missing = 17

39. During your life, on how
many days have you had at least
one drink of alcohol?

	Number of Students	Percent of Total
0 DAYS	568	39.15
1-2 DAYS	287	19.78
3-9 DAYS	224	15.44
10-19 DAYS	111	7.65
20-39 DAYS	104	7.17
40-99 DAYS	77	5.31
100+ DAYS	80	5.51

40. How old were you when you had your first drink of alcohol other than a few sips?		
	Number of Students	Percent of Total
NEVER TRIED	598	39.50
8 OR YOUNGER	156	10.30
AGE 9-10	134	8.85
AGE 11-12	187	12.35
AGE 13-14	241	15.92
AGE 15-16	168	11.10
17 OR OLDER	30	1.98

Frequency Missing = 261

41. During the past 30 days, on how many days did you have at least one drink of alcohol?		
	Number of Students	Percent of Total
0 DAYS	1101	69.11
1-2 DAYS	270	16.95
3-5 DAYS	113	7.09
6-9 DAYS	62	3.89
10-19 DAYS	32	2.01
20-29 DAYS	8	0.50
ALL 30 DAYS	7	0.44

42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	Number of Students	Percent of Total
0 DAYS	1473	86.04
1 DAY	88	5.14
2 DAYS	56	3.27
3-5 DAYS	53	3.10
6-9 DAYS	25	1.46
10-19 DAYS	13	0.76
20+ DAYS	4	0.23

Frequency Missing = 63

43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	Number of Students	Percent of Total
0 DAYS	1680	96.77
1-2 DAYS	44	2.53
3-5 DAYS	6	0.35
6-9 DAYS	3	0.17
10-19 DAYS	2	0.12
ALL 30 DAYS	1	0.06

44. During you life, how many times have you used marijuana?		
	Number of Students	Percent of Total
O TIMES	1215	73.82
1-2 TIMES	147	8.93
3-9 TIMES	94	5.71
10-19 TIMES	43	2.61
20-39 TIMES	38	2.31
40-99 TIMES	34	2.07
100+ TIMES	75	4.56

Frequency Missing = 129

45. How old were you when you tried marijuana for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	1242	73.93
8 OR YOUNGER	17	1.01
AGE 9-10	36	2.14
AGE 11-12	107	6.37
AGE 13-14	149	8.87
AGE 15-16	109	6.49
17 OR OLDER	20	1.19

Frequency Missing = 95

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	1536	89.93
1-2 TIMES	62	3.63
3-9 TIMES	43	2.52
10-19 TIMES	17	1.00
20-39 TIMES	24	1.41
40+ TIMES	26	1.52

Frequency Missing = 67

47. During the past 30 days, how many times did you use marijuana on school property?		
	Number of Students	Percent of Total
O TIMES	1685	97.79
1-2 TIMES	18	1.04
3-9 TIMES	11	0.64
10-19 TIMES	4	0.23
20-39 TIMES	2	0.12
40+ TIMES	3	0.17

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	Number of Students	Percent of Total
O TIMES	1617	96.48
1-2 TIMES	31	1.85
3-9 TIMES	10	0.60
10-19 TIMES	8	0.48
20-39 TIMES	6	0.36
40+ TIMES	4	0.24

Frequency Missing = 99

49. During the past 39 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

<u> </u>		
	Number of Students	Percent of Total
0 TIMES	1722	98.80
1-2 TIMES	14	0.80
3-9 TIMES	4	0.23
10-19 TIMES	2	0.11
20-39 TIMES	1	0.06

50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Number of Students	Percent of Total
0 TIMES	1502	89.09
1-2 TIMES	97	5.75
3-9 TIMES	53	3.14
10-19 TIMES	16	0.95
20-39 TIMES	12	0.71
40+ TIMES	6	0.36

Frequency Missing = 89

51. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Number of Students	Percent of Total
0 TIMES	1660	95.95
1-2 TIMES	47	2.72
3-9 TIMES	13	0.75
10-19 TIMES	6	0.35
20-39 TIMES	1	0.06
40+ TIMES	3	0.17

52. During your life, how many times have you used heroin(also called smack, junk or china white)?

	Number of Students	Percent of Total
0 TIMES	1673	98.53
1-2 TIMES	14	0.82
3-9 TIMES	7	0.41
10-19 TIMES	2	0.12
20-39 TIMES	2	0.12

Frequency Missing = 77

53. During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?

	Number of Students	Percent of Total
0 TIMES	1643	96.48
1-2 TIMES	24	1.41
3-9 TIMES	23	1.35
10-19 TIMES	5	0.29
20-39 TIMES	4	0.23
40+ TIMES	4	0.23

54. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	Number of Students	Percent of Total
O TIMES	1679	96.27
1-2 TIMES	32	1.83
3-9 TIMES	15	0.86
10-19 TIMES	9	0.52
20-39 TIMES	8	0.46
40+ TIMES	1	0.06

Frequency Missing = 31

55. During your life, how many times have you used a needle to inject any illegal drug into your body?

	Number of Students	Percent of Total
0 TIMES	1725	98.68
1 TIME	14	0.80
2+ TIMES	9	0.51

56. During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

Number of Students Percent of Total

YES 296 16.97

NO 1448 83.03

Frequency Missing = 31

57. Have you ever had sexual intercourse?		
Number of Students Percent of Total		
YES	745	53.60
NO	645	46.40

58. How old were you when you had sexual intercourse for the first time?		
	Number of Students	Percent of Total
NEVER	645	45.68
AGE 11 OR YOUNGER	169	11.97
AGE 12	142	10.06
AGE 13	162	11.47
AGE 14	124	8.78
AGE 15	95	6.73
AGE 16	55	3.90
AGE 17+	20	1.42

Frequency Missing = 363

59. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	645	46.10
1 PERSON	217	15.51
2 PEOPLE	128	9.15
3 PEOPLE	120	8.58
4 PEOPLE	59	4.22
5 PEOPLE	47	3.36
6 OR MORE PEOPLE	183	13.08

60. During the past 3 months, with how many people did you have sexual intercourse?		
	Number of Students	Percent of Total
NONE AT ALL	645	46.14
NONE IN PAST 3 MONTHS	249	17.81
1 PERSON	316	22.60
2 PEOPLE	91	6.51
3 PEOPLE	42	3.00
4 PEOPLE	20	1.43
5 PEOPLE	14	1.00
6 OR MORE PEOPLE	21	1.50

Frequency Missing = 377

61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
Number of Students Percent of Tota		Percent of Total
N/A	645	46.34
YES	119	8.55
NO	628	45.11

62. The last time you had sexual intercourse, did you or your partner use condom?			
	Number of Students Percent of Total		
N/A	645	46.77	
YES	525	38.07	
NO	209	15.16	

Frequency Missing = 396

63. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?		
Number of Students Percent of Tota		
NEVER HAD SEX	645	47.01
NO BIRTH CONTROL USED	145	10.57
BIRTH CONTROL PILLS	59	4.30
CONDOMS	424	30.90
DEPO-PROVERA	34	2.48
WITHDRAWAL	35	2.55
OTHER	7	0.51
NOT SURE	23	1.68

64. How many times have you been pregnant or gotten someone pregnant?			
	Number of Students	Percent of Total	
0 TIMES	1470	91.36	
1 TIME	85	5.28	
2+ TIMES	30	1.86	
NOT SURE	24	1.49	

Frequency Missing = 166

65. How do you describe your weight?		
	Number of Students	Percent of Total
VERY UNDERWEIGHT	122	7.13
SLIGHTLY UNDERWEIGHT	261	15.26
ABOUT THE RIGHT WEIGHT	977	57.13
SLIGHTLY OVERWEIGHT	298	17.43
VERY OVERWEIGHT	52	3.04

Frequency Missing = 65

66. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	658	38.66
GAIN WEIGHT	403	23.68
STAY THE SAME WEIGHT	423	24.85
NOT TRYING TO DO ANYTHING	218	12.81

Frequency Missing = 73

67. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	827	49.37
NO	848	50.63

68. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	551	32.93
NO	1122	67.07

Frequency Missing = 102

69. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	248	15.27
NO	1376	84.73

70. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	127	7.87
NO	1487	92.13

Frequency Missing = 161

71. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	107	6.84
NO	1458	93.16

72. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

	Number of Students	Percent of Total
NONE	462	28.02
1-3 TIMES	455	27.59
4-6 TIMES	295	17.89
ONCE PER DAY	96	5.82
TWICE PER DAY	93	5.64
3 TIMES PER DAY	74	4.49
4+ TIMES PER DAY	174	10.55

Frequency Missing = 126

73. During the past 7 days, how many times did you eat fruit?		
	Number of Students	Percent of Total
NONE	539	32.63
1-3 TIMES	587	35.53
4-6 TIMES	218	13.20
ONCE PER DAY	87	5.27
TWICE PER DAY	100	6.05
3 TIMES PER DAY	35	2.12
4+ TIMES PER DAY	86	5.21

74. During the past 7 days, how many times did you eat green salad?			
	Number of Students	Percent of Total	
NONE	1005	60.87	
1-3 TIMES	390	23.62	
4-6 TIMES	100	6.06	
ONCE PER DAY	57	3.45	
TWICE PER DAY	39	2.36	
3 TIMES PER DAY	20	1.21	
4+ TIMES PER DAY	40	2.42	

Frequency Missing = 124

75. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	684	41.96
1-3 TIMES	583	35.77
4-6 TIMES	140	8.59
ONCE PER DAY	71	4.36
TWICE PER DAY	36	2.21
3 TIMES PER DAY	77	4.72
4+ TIMES PER DAY	39	2.39

Frequency Missing = 145

76. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	1209	75.52
1-3 TIMES	233	14.55
4-6 TIMES	67	4.18
ONCE PER DAY	27	1.69
TWICE PER DAY	18	1.12
3 TIMES PER DAY	13	0.81
4+ TIMES PER DAY	34	2.12

Frequency Missing = 174

77. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	642	39.17
1-3 TIMES	563	34.35
4-6 TIMES	228	13.91
ONCE PER DAY	109	6.65
TWICE PER DAY	46	2.81
3 TIMES PER DAY	18	1.10
4+ TIMES PER DAY	33	2.01

Frequency Missing = 136

78. During the past 7 days, how many glasses of milk did you drink?		
	Number of Students	Percent of Total
NONE	488	30.07
1-3 TIMES	422	26.00
4-6 TIMES	283	17.44
ONCE PER DAY	149	9.18
TWICE PER DAY	125	7.70
3 TIMES PER DAY	59	3.64
4+ TIMES PER DAY	97	5.98

Frequency Missing = 152

79. On how many of the past
7 days did you exercise or
participate in physical activity
for at least
20 minutes that made you
sweat and breathe hard, such
as basketball, soccer
running, swimming
laps, fast bicycling, fast
dancing, or

	Number of Students	Percent of Total
0 DAYS	493	30.32
1 DAY	210	12.92
2 DAYS	149	9.16
3 DAYS	145	8.92
4 DAYS	134	8.24
5 DAYS	133	8.18
6 DAYS	69	4.24
7 DAYS	293	18.02

80. On how many of the past 7 days did you participate in physical activity for at least
30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower/mopping floors

	Number of Students	Percent of Total
0 DAYS	676	44.33
1 DAY	197	12.92
2 DAYS	166	10.89
3 DAYS	126	8.26
4 DAYS	62	4.07
5 DAYS	85	5.57
6 DAYS	28	1.84
7 DAYS	185	12.13

81. On how many of the past 7 days did you do exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Number of Students	Percent of Total
0 DAYS	529	34.94
1 DAY	144	9.51
2 DAYS	182	12.02
3 DAYS	160	10.57
4 DAYS	111	7.33
5 DAYS	133	8.78
6 DAYS	53	3.50
7 DAYS	202	13.34

82. On an average school day, how many hours do you watch TV?		
	Number of Students	Percent of Total
NO TV	148	9.79
LT ONE HOUR	158	10.46
1 HOUR	98	6.49
2 HOURS	205	13.57
3 HOURS	214	14.16
4 HOURS	151	9.99
5+ HOURS	537	35.54

Frequency Missing = 264

83. In an average week when you are in school, on how many days do you go to physical education classes?		
	Number of Students	Percent of Total
0 DAYS	765	56.67
1 DAY	41	3.04
2 DAYS	73	5.41
3 DAYS	180	13.33
4 DAYS	13	0.96
5 DAYS	278	20.59

84. In an average week when you are in school, on how many minutes do you spend actually exercising or playing sports?

	Number of Students	Percent of Total
NO PE CLASS	767	56.03
LT 10 MINUTES	62	4.53
10-20 MINUTES	97	7.09
21-30 MINUTES	70	5.11
31-40 MINUTES	79	5.77
41-50 MINUTES	103	7.52
51-60 MINUTES	42	3.07
OVER 60 MINUTES	149	10.88

Frequency Missing = 406

85. During the past 12 months,
on how many sports teams did
you play?

	Number of Students	Percent of Total
0 TEAMS	720	47.90
1 TEAM	357	23.75
2 TEAMS	220	14.64
3+ TEAMS	206	13.71

86. During the past 12 months, how would you describe your grades in school?		
	Number of Students	Percent of Total
MOSTLY A's	340	22.86
MOSTLY B's	460	30.93
MOSTLY C's	395	26.56
MOSTLY D's	71	4.77
MOSTLY F's	30	2.02
NONE OF THE ABOVE	12	0.81
NOT SURE	179	12.04

Frequency Missing = 288

87. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	1126	76.81
NO	266	18.14
NOT SURE	74	5.05

Internet Resources for Educators, Parents, and Teens

For more information about the Youth Risk Behavior Survey (YRBS) and the risk behaviors it covers, please see the following Internet resources.

The Youth Risk Behavior Study

This page is the United States Centers for Disease Control and Prevention's (CDC's) overview of the methods, results, and uses of YRBS data. http://www.cdc.gov/nccdphp/dash/yrbs/ov.htm

Violence

These sites include information about warning signs and prevention of violence among adolescents.

The American Psychological Association's site about youth violence warning signs, and information about how to get help for violent youth. http://helping.apa.org/warningsigns/index.html

This information about understanding violent behavior among youth is provided by the <u>American Academy of Adolescent and Child Psychiatry</u>. http://www.aacap.org/publications/factsfam/behavior.htm

Tobacco, Alcohol, and Other Drug Use

These pages provide information about tobacco, alcohol, and other drug use prevention, and treatment for youth and their families.

The <u>Campaign for Tobacco-Free Kids</u> is the country's largest non-government initiative ever launched to protect children from tobacco addiction and exposure to second-hand smoke.

http://www.tobaccofreekids.org

<u>Arkansans for Drug Free Youth</u> is an organization dedicated to educating and motivating Arkansas youth, families, and communities in the development of healthy, drug free youth.

http://www.adfy.com

<u>PREVline (Prevention Online)</u> offers hundreds of files about alcohol, tobacco, and other drugs from the National Clearinghouse for Alcohol and Drug Information. http://www.health.org</u>

Teen Pregnancy and Sexual Behavior These sites provide information about teen sexuality, pregnancy, and STD's.

The <u>Alan Guttmacher Institute</u> provides reliable, balanced, nonpartisan information on sexual activity, contraception, abortion, and childbearing. http://www.agi-usa.org/home.html

The mission of the <u>National Campaign to Prevent Teen Pregnancy</u> is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. Their site contains tips for teens, parents, and faith communities on ways they can help prevent teen pregnancy and the spread of sexually transmitted diseases.

http://www.teenpregnancy.org/

Nutrition and Physical Activity

The following sites are dedicated to providing information about healthy eating and exercise.

The <u>American Dietetic Association</u> promotes optimal nutrition and well being for all people.

http://www.eatright.org

The <u>American Council on Exercise (ACE)</u> is committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit. http://www.acefitness.org/

Mental Health Issues

This sites provides information regarding mental health issues including depression, suicide, mental illnesses, and how to get help.

The <u>National Mental Health Association</u> is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service. http://www.nmha.org

Parenting Teens

These links connect to sites for parents of teenagers. Issues covered include tips for communicating with teens, health, education, substance abuse, eating disorders, and other topics of interest to parents of teenagers.

From About.com, a site with original articles about parenting and links to other sites of interest to parents of teens.

http://parentingteens.about.com/home/parenting/parentingteens/

From <u>Parent's Soup</u>, a site with articles and information from educators, experts, and parents.

http://www.parentsoup.com/community/teens.html

Links for Teens

The following sites are designed for teenagers with content by teens covering a variety of topics including health and education, creative expression, and practical advice.

About.com's site for teenagers, including message boards and creative writing from real teens.

http://teenexchange.about.com/kidsteens/ktteens/teenexchange/

<u>Teen Voice</u> is a youth magazine covering issues facing teenage girls and young women today including topics such as health, education, substance abuse, and body image.

http://www.teenvoices.com

Miscellaneous

The <u>Annie E. Casey Foundation</u> is a private charitable organization dedicated to helping build better futures for disadvantaged children in the U.S. http://www.aecf.org

The U.S. Department of Health & Human Services http://www.dhhs.gov